

Rules RCDE Academy

1 General aspects:

- The activities carried out by the club must be respected with maximum punctuality.
- All persons related to the club (players, coaches, parents, etc.) must behave well at all times, and never will show violent attitudes or lack of respect, even if there is provocation elsewhere.
- In training and competitions, the club clothing previously indicated must be worn, clean and in good condition.
- The medical, preventive and hygienic regulations must be strictly observed.
- The players will accept any directive, from an employee of the club.
- It is mandatory that the players, both on arrival and leaving of any activity organized by the club, shake hands with the technical staff and any responsibility of the club present on the activity.
- If a player is excluded from training or competition, a file will be opened and communicated to the parents or legal guardians.
- Within the facilities and from the call (Samling) players will not be able to wear earrings or piercings and must be properly dressed (pants up, no caps, no sunglasses...)
- In any sports activity, it is forbidden to wear rings, necklaces, earrings, bracelets, watches or similar items.
- Each quarter the players will fill a document or by app with answers to some questions of the coach to make a quick assessment.
- The use of illegal drugs by any person related to the club is not allowed during the activities related to the club.
- It is totally forbidden to photograph or film inside the locker rooms.
- Prohibition of smoking tobacco or drinking alcohol to parents, players and coaches during activities from the club. (Field or hotel with the players)
- Players and club employees must have a good night rest the day before the game.

2 Facilities and material:

- Do not enter the field when outside the established times.
- Inside the facilities, it is absolutely forbidden to scream, behave-noisy and express an attitude that may annoy others.
- All the damages due to bad use of the material or the installation will be at your charge.
- The facilities must be properly cleaned and in order when we leave them.
- Each team will be responsible for the balls and material of that team and it must be ensured that all the material and in good condition and in the right place.
- Do not hit the balls when is not time, that is, don't hit the balls before training or match, between exercises or at the end of the exercise.
- Do not leave bottles of water on the playing field, they must be located in the indicated place.
- Players cannot eat food during the activities organized by the club unless the club indicates it. Or they have special permission.
- The players who during the activity are on the bench must be sitting formally, without being stretched, sitting on the floor, etc.
- Do not throw things on the floor.

3 Sports activity

❖ 3.1 Competition

➤ 3.1.A General

- All the people related to our club will show correct behavior, kind to the referee, players, coaches, managers, parents, etc.
- For competitive matches, players arrive 30 minutes before the facilities unless the coach decides otherwise.
- In case you cannot go to the place of the game for a specific case should inform the coach in advance.
- The players will arrive 5 minutes before the call and with the clothing established by the club and sports shoes.

➤ 3.1.B Players

- They will attend with the clothes and club bag.
- Bring with them clothes, boots, protections, and hygiene items.
- They will sign the call on laget.se or 360Player app

- Up to age U16 all players will play a similar number of minutes (not per game, but in the end of the season)
- It is totally forbidden to provoke or respond to unsportsmanlike actions.
- The player who develops his sporting activity in our club can be called to play in any of the teams in the club. That means that he can play sometimes in different teams because of player development issues or for club goals or needs.
- The electronic devices (mobile, mp3, etc.) must be disconnected in the changing room and in any activity organized by the club (meeting, audiovisuals, etc.)
- The night before the game the players must be at home before 11pm.
- The player will respect the food and the meal schedule dictated by the club before the match.
- During the competition is not allowed any indication, disparaging or negative comments to anyone in the template, rivals or fans.
- It is the obligation to shake the referee and opponents at the end of the game.

➤ 3.1.C Coach and Team Leader

- The coach will prepare the call, line-up and changes. For doing that will take into account the following aspects;

1. Training assistance
2. The attitude showed in training
3. Punctuality in the match
4. Player's current performance level
5. Circumstances of the player

*That means if you don't come to all training sessions, you will not play the same minutes that a player that comes to all training sessions. If you miss 3 out of 3 usually you will not be called for the game.

- You cannot call any player who does not belong to your team without the Technical Director authorizing it.
- It has to be ensured that up to U16 all players in the squad play a minimum of 40% of minutes of the competition.
- The communication with the players and the referee will always be with the maximum respect.
- Is responsible for the players, coaching staff and families comply with the internal standard.



- Will remain in the dressing room area until the last player comes out of the dressing room properly dressed.
- You cannot smoke or drink alcohol from call until post-match.
- Sleep properly the night before the game day.
- Do not wear sunglasses during the game or at any time of club activity.
- Greet the opposing coach before and after the match as well as the referee and opponent players.
- Do not use the mobile phone from call (Samling) until the end of the activity unless it is an exception (a player is missing, a coach is missing, etc.)

❖ 3.2. training

➤ 3.2.A Players

- Attendance at training is mandatory, if for some exceptional reason a player cannot attend will inform the coach as soon as possible.
- It is mandatory to wear the official clothes of the club.
- It is mandatory to bring a bottle of water.
- They will arrive at the dressing room at least 5 minutes before the training, they will put everything in the bags, all well organized and they will wait inside the locker keeping the forms until the coach tell them to go to the field, the training session will be discussed in the changing room. (we usually don't have our dressing room then we will meet in the field)
- At the end of the training, they will shake hands with colleagues and coaches
- They cannot leave the training without the consent of the coach.
- The use of piercings, chains, collars, etc. will not be allowed for training.

➤ 3.2.B Coach

- It is responsible for the team and their behavior.
- Will coach the training according to the schedule and the criteria established by the technical direction.
- Will be in the locker room until the last player leaves the locker room.
- Will always dress the club clothes during the training club and matches.
- Will wear the right shoes for training.
- Will give the instructions during the training with the maximum respect for all.
- Do not wear sunglasses or caps.

- Will always have the session properly planned.

➤ 3.3 Team Leaders

- They are responsible for maintaining the order and discipline of the team.
- They will also take care that the material and keep it in good condition.
- Help the coach during the training with balls, cones, bibs, etc.
- They will be responsible for making the group follow with the rules.
- Team leaders have them rules that should do and respect.

➤ 3.4 Federative scope

- A player who is licensed with our club cannot train with another club, without written authorization from us.

4 Social Scope

- It is important that family members express a positive attitude in sports activities, supporting and encouraging the team. Protests, insults, provocations prohibited in an activity. They will generate situations that go against the educational values.
- Coaches and family members should respect the decisions made by the Technical Director with the utmost respect.
- Parents must attend all club and team meetings.
- Parents cannot give feedback about tactical things to the players at least from call to go out of the facilities that we play or training. We recommended don't do it.

Conclusions

- These standards are mandatory for all.
- Failure to comply with the regulations will be sanctioned; this sanction will be established by the board of directors together with the Technical Director.
- This regulation could be modified by the board of directors, if it occurs, the pertinent communications will be established.

Clothes for Training: For the training you can **ONLY** use these clothes



Clothes for Calling (Samling, Travel): For a Samling you can **ONLY** use this clothes. **NOT FOOTBALL BOOTS AND MATCH SOCKS** use sports shoes and normal socks.



Clothes for match: For a game you can **ONLY** use these clothes. **USE FOOTBALL BOOTS.**

